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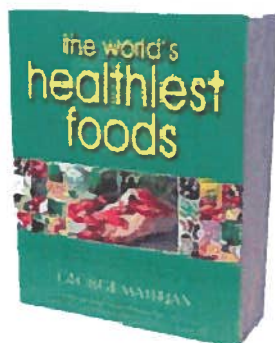
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Do purple cauliflower and orange cauliflower have the same nutritional value as white cauliflower?

Unfortunately, I have not seen complete nutritional analysis done for the purple and orange varieties of cauliflower. Yet, I would like to note that the difference in color is representative of the difference in phytonutrient pigments present. For example, anthocyanin flavonoids lend purple cauliflower its hue while carotenoids (some of which have vitamin A activity) lend orange cauliflower its unique coloration. Each of these phytonutrients adds to cauliflower's antioxidant concentration. I would describe each of these different forms of cauliflower as unique in their nutritional value and each variety can be viewed as making outstanding contributions to a Healthiest Way of Eating.

For more information on this topic, please see:

- [Cauliflower](#)
- [Flavonoids](#)
- [Carotenoids](#)